

# Sweet Potato & Spinach Frittata

Nom nom nom: healthy, hearty and delicious, exotic sweet potatoes are a great food for this time of year. They bring a welcome sweetness to meals that could otherwise be dull; enjoy roasted sweet potatoes wedges or chips; combine with mashed potatoes, or cook up in a curry. Try out this frittata, made using our own delicious free range organic eggs, with some fresh spinach or other greens for a filling meal that's as good as it looks - perfect with some fresh salad leaves on the side!

**Serves 4**

- 1 onion, peeled & sliced**
- 500g sweet potatoes, peeled & cubed**
- 200g spinach, rinsed & shredded**
- 8 eggs**
- 100g Parmesan cheese, grated**
- salt & black pepper**
- 1 tbsp olive oil**



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Whisk the eggs and fold in the Parmesan and seasoning, then set aside. Steam, roast or boil the sweet potatoes for at least 10 minutes (longer if roasting), until they are almost tender. Heat a large pan or wok over a high heat, add the oil and cook the onions for a few minutes until softened. Add the semi-cooked sweet potatoes, and sauté for a couple of minutes until they are completely soft (you could also add some crushed garlic here if liked). Add the spinach to the pan, then once the leaves have wilted, pour in the whisked egg mixture, and stir until all the ingredients are well combined. Transfer to a preheated oven and bake at 200C for 20-25 minutes, until the eggs are well cooked and a knife comes out cleanly. Serve warm from the oven, with a green salad and some chopped tomatoes and apples on the side.



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